



Carlson

25th CAB Soldier dies at OEF

WASHINGTON — The Department of Defense announced the death of a 25th Infantry Division Soldier, Nov. 9, in Kandahar province, Afghanistan, while the Soldier was supporting Operation Enduring Freedom.

Spc. Daniel Carlson, 21, a Running Springs, Calif., native, served as a CH-47 Chinook helicopter repairer with the 3rd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, Wheeler Army Airfield, Hawaii.

The cause of death is non-combat related, and the details are under investigation.

Carlson joined the Army, Feb. 4, 2010, and attended Basic Training at Fort Jackson, S.C. He joined the 25th CAB in September 2010.

This deployment to OEF was Carlson's first deployment.

Carlson's awards and decorations include the Army Commendation Medal, National Defense Service Medal, Afghanistan Campaign Medal with Campaign Star, Global War on Terrorism Medal, Army Service Ribbon, NATO Medal, and Aviator Badge.

Carlson is survived by his parents and his wife.

"Our sincere condolences go out to Daniel's family and friends, and we share in mourning their loss," said Lt. Col. Derrick Cheng, spokesperson for the 25th ID. "This is a tremendous tragedy, and they remain in our thoughts and prayers during this very difficult time."

PTA

POHAKULOA TRAINING AREA

Wardogs provide fire support

Story and photos by
STAFF SGT. CASHMERE JEFFERSON
3rd Brigade Combat Team, 25th Infantry Division

POHAKULOA TRAINING AREA — "What's the sound of artillery?"

That's been a question for Soldiers of all armies until they've had the opportunity to personally experience the sound.

The question was answered by Battery A, 2nd Platoon, "Wardogs," 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, during a combined live-fire exercise on the Big Island, here, Nov. 6.

"Today we're out here providing fires to 2nd Bn., 27th Inf. Regt., "No Fear", as their units conduct

a live-fire exercise on Range 10 and a convoy live-fire on Range 20," said Lt. Col. James Lowe, commander, 3-7th FA. "And we're supporting both missions simultaneously with our Wardogs from firing point 809."

The Wardogs, who conducted all leader and section certifications prior to the unit's deployment to PTA, provided 105mm fires in support of the maneuver plans of the 2-27th FA, said Lowe.

Soldiers of the 3-7th FA have been providing fire support with their 105mm howitzer for units of the Bronco Brigade throughout their PTA rotation in preparation for their next deployment.

"The forward observers are the eyes, the fire direction center is the brains, and we are the muscle," said Staff Sgt. William Oliver, section chief, 3-7th FA.

"As soon as the infantry squad calls for fire to the fire direction center to suppress, neutralize or destroy an enemy, data is sent down to the gun line, verified by the chief of section, and the command is given to fire," added Sgt. Lionel Ruiz, cannon crew member.

Capt. Jesse Wood, Wardogs Battery commander, emphasized that the capabilities of his unit are strong.

"We can employ two weapons systems at any given time," said Wood.

According to doctrine, the mission of the field artillery is to integrate and deliver lethal and nonlethal fires to enable joint and maneuver commanders to dominate their operational environment across the spectrum of operations.

"My guys are ready, accurate and fully capable to support the mission of any unit with any mission called down to us," said Wood. "We're Wardogs."



Above and at left, Staff Sgt. Rick Carlson, 105mm section chief; Sgt. James Omalley, gunner; and Spc. David Scott, assistant gunner, all assigned to 3rd Bn., 7th FA, 3rd BCT, 25th ID, provide fire support with a 105mm howitzer during a "Steel" live-fire exercise, Nov. 6, in support of a combined arms training exercise with 2nd Bn., 27th Inf. Regt., "Wolfhounds."

"The forward observers are the eyes, the fire direction center is the brains, and we are the muscle."

— Staff Sgt. William Oliver
Section chief, 3-7th FA

CDC re-memorialization honors Vietnam MOH recipient



The plaque dedicated to Staff Sgt. Hammett Bowen Jr. and Bowen memorial (back), re-built and refurbished by the 84th Eng. Bn., stand outside the new Bowen CDC after a re-memorialization ceremony, Nov. 8.

(This photo has been altered from its original form; background elements have been removed.)

Story and photos by
SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — Set against the picturesque backdrop of the forested Waianae Mountains, swathed in shadows cast by the mid-morning sun, a re-memorialization ceremony for the Bowen Child Development Center took place, here, Nov. 8.

Attendees gathered at the outdoor observance to honor the memory of Staff Sgt. Hammett Lee Bowen Jr. and all other veterans who gave of themselves for their country.

"It's altogether fitting that we memorialize this new center in the memory of Staff Sgt. Bowen," said Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, in his opening remarks to an audience that included Army Hawaii leadership, Soldiers, civilians and combat veterans.

"His extraordinary courage and concern for his men at the cost of his life served as an inspiration to his comrades," Whitney continued, "and are in the highest traditions of the military service and the U.S. Army."

Bowen was born in LaGrange, Ga., in 1949 and spent his teenage years in Ocala, Fla., before joining the Army in February 1968. By November of that year, he had graduated from the Infantry

Noncommissioned Officer Candidate Course and successfully completed the Airborne Course.

In March 1969, Bowen arrived in Vietnam, assigned to the 14th Regiment, 25th Infantry Division. Then, on June 27, he and his platoon were caught in an enemy ambush.

Bowen reacted quickly, ordering his men to back out of the area and for others to lay down fire to protect their withdrawal. But when a hand grenade landed near Bowen and three of his men, the young sergeant threw himself on the grenade while still firing his weapon. Even after the explosion, he commanded his men to continue their withdrawal.

"His men were safe but he was not," said sister-in-law Dee Bowen in a letter read by Jack Wiers, master of ceremonies. "That is the day that all of us – his family, his friends, his men – lost a wonderful friend, brother and son."

"We marvel at the selfless sacrifice to protect others at the cost of one's own precious life," Whitney said. "Staff Sgt. Bowen paid the ultimate sacrifice. He was 21 years old."

The Medal of Honor was approved posthumously to Bowen in March 1970 and presented by then Vice President Gerald Ford to the Bowen family on July 17, 1974.

Schofield Barracks' Bowen Park was dedicat-

ed in July 1989 with a memorial plaque built by the 84th Engineer Battalion in his honor. However, construction of new facilities necessitated the removal of the park in early 2012.

In December 2011, the Department of the Army approved the re-memorialization and relocation of the Bowen name and plaque to the \$12 million Bowen CDC, which was completed in June 2011 and opened its doors Oct. 17 that same year.

"It was very important for us not to forget who that park was named for; a Medal of Honor recipient, a member of the 25th ID in Vietnam and an American hero," Whitney said.

The Bowen CDC is the third child development center on Schofield Barracks and has the capacity to care for 126 children at one time. Together with the Danny J. Petersen CDC and Thomas W. Bennett Youth Center, both also named for Vietnam Medal of Honor recipients, the Bowen CDC delivers on the Army Family Covenant's promise to ensure excellence in schools, youth services and child care, said Whitney.

The newly anointed facility also serves as a constant reminder of the immense sacrifice made

See CDC A-5

Balancing Act | A-3

Pilots battle thin air and wind gusts at high Afghan altitudes.



Thanksgiving menu and hours | A-6

A veritable cornucopia awaits at your local DFAC. Mmm.

Veterans Day wrap-up | B-1

Parades and commemorations around Oahu honor our veterans.



More PT! | B-5

Remedial PT reduces weight, retains Soldiers.

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3156, or e-mail editor@hawaiiarmyweekly.com.

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Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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115 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 11/15/12.

CG says holidays are time for awareness

LT. GEN. FRANCIS WIERCINSKI
Commander,
U.S. Army-Pacific



Wiercinski

This holiday season, increased travel, mass gatherings and special events present targets of opportunity.

Although there is no specific information of terrorist attack planning, it's known that home-grown, lone wolf and transnational terrorists desire to target the U.S. Army and the homeland.

An essential part of the U.S. Army-Pacific Antiterrorism Strategic Plan is to instill a level of awareness in every member of the USARPAC community and to ensure that each member serves as a part of a protective shield.

By building a strong understanding of the threats, we teach our communities how to become less vulnerable to exploitation.

Therefore, Soldiers at all levels of command, family members, Army

civilians and Department of Defense contractors are all a part of the solution.

It is important to maintain our vigilance.

- Be aware of your surroundings.
- Understand and recognize signs of high-risk behavior.
- Report all suspicious activity through local iWATCH Army channels.
- Report counterintelligence incidents via 1-800-CALL-SPY (1-800-225-5779) or iSALUTE.

I strongly believe that ensuring protection from terrorist acts is most successful by integrating AT principles with constant AT awareness into all of our activities and missions. Consequently, I encourage all of you to be ever vigilant. One Team!

"If you see something, say something!"

Mission success depends on our people, training and equipment, bonded together by solid leadership, teamwork and discipline.

BACKTObASICS

We must mentor, teach and train future NCOs

COMMAND SGT. MAJ. WILLIAM JENNINGS
3rd Mobilization Support Group
9th Mission Support Command



Jennings

Getting back to basics cannot be pinned to one single line of effort.

I believe we have gotten away from multiple areas.

As senior enlisted members, we have an obligation to mentor, teach and train the next generation of leaders.

Preparing Soldiers for training and Noncommissioned Officer Education System leadership roles, building self-worth and instilling pride and patriotism are just a few things that senior enlisteds can do to prepare junior Soldiers coming up through the ranks.

To make strides in these areas, we must know our Soldiers and their habits, strengths and weaknesses. We need to become more familiar with what they like to do and how they carry themselves on and off duty.

Caring for their well-being and that of their families also goes a long way and breeds loyalty, which leads to dedication, which leads to longevity of service.

Longevity of service is important because it takes time to grow our junior Soldiers into NCOs.

NCOs are the backbone of the Army. Our professional NCO Corps is unmatched and is a contributing factor in what makes us the best Army in the world.

Staying the best, however, is not easy. Going forward sometimes forces us to look backward.

As a command sergeant major, I have an obligation to live the Army Values, to lead by example and to hold my Soldiers accountable for their actions.

Training is a key factor. AR 350-1, "Army Training and Leader Development," is the base document for training.

Training to standard is a powerful tool; it demonstrates dedication to the completion of a task or a mission.

At the 3rd Mobilization Support Group, I'm currently leading the charge with our junior NCOs to empower them to mentor, teach and train. My NCOS are focusing on FM 3-21.5, "Drill and Ceremonies," which is more than simply moving Soldiers from one point to another.

Additionally, I am pushing my team of NCOs to concentrate more on proper and effective counseling (AR 623-3/DA PAM 623-3). During counseling sessions, my team seeks input from Soldiers, ensuring

they understand the importance of counseling, good or bad, which allows them to see the bigger picture. Proper counseling takes time, but it also demonstrates a level of care and sets an example. Counseling done right inspires young troops to become an integral part of the team.

During battle assemblies or annual training, we conduct physical fitness as a unit, which builds camaraderie and cohesiveness. We use NCO professional development to concentrate on topics that raise awareness, improve training and build leadership skills. We also allow Soldiers to lead instruction, building their confidence. We can allow for mistakes, because mistakes are often a teaching tool.

Former Sgt. Maj. of the Army Robert E. Hall shared the following: "Are you committed to excellence? Excellence means high standards, pure and simple. All leaders must maintain and enforce the Army's standards. The greatest disservice we can do to our Army and our Soldiers is to lower our standards because then we are saying that we do not value our Soldiers. Maintaining standards is the key to our success."

We are at fault if we do not grow our replacements. This necessity isn't an option; it is a must.

(Editor's Note: Jennings is the senior enlisted leader for the 3rd Mobilization Support Group.)

FOOTSTEPS in FAITH

Deployed should apply Sabbath principle during leave

CHAPLAIN (CAPT.) STEPHAN BUCHANAN
715th Military Intelligence Battalion
500th Military Intelligence Brigade



Buchanan

Deployed life is far different than home life.

In addition to being separated from their family for months, service members work an enormous number of hours per day – six or seven days, per week.

For some who are deployed, their work requires going on dangerous missions and doing things they never thought they would have to do to simply survive or save a buddy. For others, work may require staying on the forward operating base where the danger is also very real.

Yet, families on the home front encounter many challenges of their own. Some parents are now single parents, and some families have fallen into a new routine that includes responsibilities once completed by their loved one, who is no longer at home.

The kids are missing mommy or daddy, and for

those who are married, the bedroom has turned into a lonely place.

What becomes most important is the mid-tour leave, the period when the family at home and the service member abroad have the opportunity to re-unite for a short period of time.

Intentionally planning this time of reunion and applying the "Sabbath principle" to your mid-tour leave is vitally important for the family. Doing so will instill renewed life and health to the family as whole, while also honoring the Lord.

A number of examples in the Bible show God's people applying the Sabbath principle by seeking rest and separating themselves from their daily routines and from other people. One such example can be found in Luke 5:12-16. In this passage, Jesus encounters a man with a severe case of leprosy. When the man sees Jesus, he bows and begs Jesus to heal him.

Jesus reaches out and touches the man, and then instantly the man is healed. Then, Jesus instructs the man to not tell anyone. The word, however, spreads quickly, and people come to hear Jesus preach and have Jesus heal them from their diseases.

Still, before Jesus continues his ministry, he applies

the Sabbath principle. He takes his own personal time of rest. Verse 16 says, "But Jesus often withdrew to lonely places and prayed."

Even Jesus, the Son of God, is intentional about finding a time and place to rest and commune with God the Father.

To practice the Sabbath Principle while deployed is also important. Set aside a time and a place that is physically, emotionally and spiritually rejuvenating. Decide if you want to rest, travel or perhaps both. Decide what kind of mid-tour leave experience can best accomplish the type of rest that will best benefit your family: a cruise, an all-inclusive resort or a guided tour to an exotic place like the Holy Land.

The Sabbath principle is an invitation to experience God's rest as an individual and/or as a family by celebrating and rejoicing in his creation. When you apply the Sabbath principle by taking the time to communicate with your family and planning out your mid-tour leave, you honor the Lord and express deep commitment to the ones you love the most.

The memories created here will last for the rest of your life. It will be great. Everyone can worship the Lord, everyone can get rest and everyone can win.

VIETNAM PAVILION



Joseph Bonfiglio | U.S. Army Corps of Engineers-Honolulu District

HONOLULU — Special guests (from left) U.S. Rep. Colleen Hanabusa; Hawaii Gov. Neil Abercrombie; Max Cleland, secretary for the American Battlefield Monuments Commission; and U.S. Sen. Daniel Akaka lay a wreath during the dedication of the Vietnam War Pavilion during the annual Veterans Day Ceremony at the National Cemetery of the Pacific at Punchbowl, here, Nov. 11. The U.S. Army Corps of Engineers-Honolulu District managed the construction project for ABMC.

Voices of Ohana

November is Military Family Appreciation Month.

“What is your favorite family tradition and why?”

Photos by 9th Mission Support Command Public Affairs



“Gathering with family, friends and food for any occasion and ‘talking story.’”

Lt. Col. Adonis Basto
Assistant chief of staff, 9th MSC



“My family gets together for the Fourth of July for a barbecue and listen to music, play card games, then the kids light fireworks.”

Staff Sgt. Steven Cardona
Human resources sergeant, Command Group, 9th MSC



“Checking out downtown Honolulu City Lights and viewing the Christmas lights and displays.”

Samuel Tagavilla
Staff administrative specialist, U.S. Army-Pacific Support Unit, 9th MSC



“Taking my wife and two girls to church on Sunday and then having breakfast at Koa’s Pan-cake House.”

Sgt. Maj. Marcial Tumacder
Safety and occupational health specialist, 9th MSC



“I’m looking forward to developing a new tradition with my son, who is attending his freshman year of college in San Diego.”

Mark Young
Supervisory staff administrator, 100th Bn., 442d Inf.

Engineers consult before deployment

Story and photo by
2ND LT. CARLIE TURNNIDGE
84th Engineer Battalion, 130th Engineer Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — What started as a mandatory event for the Soldiers of the 523rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, ended up as a great opportunity and experience for all, Oct. 24.

Soldiers participated in a Military and Family Life Consultant surge, which mandated them to see a consultant to mitigate distress caused on their families by their upcoming deployment.

Sgt. Brandon Durance, a 1st Platoon heavy equipment operator with the 523rd Eng. Co., experienced the MFLC surge for his second time.

“It’s great for getting things off your chest,” said Durance. “The MFLCs will stop what they are doing and come see you wherever you are and whenever you’re in need of them. They are around a lot, as well; you can usually find them in the motor pool. Normally, it takes three weeks if you are trying to see a therapist, so with the MFLCs, it’s just easier.”

The overall goal of an MFLC is to prevent hardships caused on families by providing information on topics such as family dynamics, parenting strategies, the effects of stress and positive coping mechanisms. MFLCs also provide anonymous and confidential assistance to Soldiers and their families.

Surges are only available upon request, and the 84th Eng. Bn. requested four out of the six from the 130th Eng. Bde. During an MFLC surge, a Soldier who needs further assistance is able to schedule an appointment to see an MFLC regularly.

“They are accessible, more so than any other organization I’ve experienced here on Schofield,” said Spc. Jennifer Sterling, admin clerk, Headquarters Platoon.

While mandatory events are not always fun, sometimes they are needed. Many Soldiers who had no experience with an MFLC had preconceived notions about what was going to occur. However, behind closed doors, the situation was different. Soldiers came out of their meetings appreciative. They were able to talk about whatever they wanted, which lifted burdens off their shoulders.

“It’s nice to talk to someone who has a positive attitude, who’s encouraging,” said Pfc. Kyle Thomas, Maintenance Platoon mechanic, about his first experience with an MFLC. “They also make you feel comfortable.”

The 523rd Eng. Co. will deploy to Guam with the 84th Eng. Bn. in January, and its MFLC surge was an important component of Comprehensive Soldier & Family Fitness. Fortunately for the 130th Eng. Bde., an MFLC is embedded with the unit.



An MFLC, at right, meets with Soldiers of the 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, before their individual meetings during a surge event before deployment to Guam.



Pathfinders assigned to Co. F, 2nd Bn., 25th Avn. Regt., 25th CAB, and members of the 2nd Afghan National Civil Order Patrol Special Weapons And Tactics team get dusted as a UH-60 Black Hawk helicopter lands on the side of a hill during a search mission to disrupt drug trafficking in Kandahar Province, Afghanistan, this year.

Higher missions a balancing act

Story and photo by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs

KANDAHAR AIRFIELD, Afghanistan — Chief Warrant Officer 4 Andy Druilhet brings his UH-60 medevac Black Hawk in for a landing in a precarious location.

Due to the slopes on a mountainside, Druilhet has to perform a two-wheeled pinnacle landing in a dusty patch at 7,000 feet in the mountains, here.

“My crew in the back leaned out the windows (and informed) me of obstacles in the landing zone, and my co-pilot on the radios (communicated) with the ground forces,” said Druilhet, 3rd Forward Medical Support Team standardization pilot, 3rd Battalion, 25th Aviation Regiment, Task Force Gunfighters, 25th Combat Avn. Brigade. “As we touched down, we had the parking brake set, so we wouldn’t roll away. I applied some forward input on the cyclic and held the collective in place, so the tail of the aircraft would not fall. It was really a balancing act.”

Safe performance of high-altitude missions causes pilots to focus on a variety of variables. These variables include the temperature at a landing zone, the terrain of an LZ, the dust kicked up from rotor blades, winds around an LZ and the thin air at various altitudes.

Two major factors impact high altitude missions: winds and thin air.

“When flying high in the mountains, the winds are unpredictable,” said Chief Warrant Officer 3 Charlie Mock, Company B standardization pilot, 2nd Bn., 25th Avn. Regt., TF Gunfighters, 25th CAB. “All landings in high altitudes are challenging – all of the time. Throw a gust of wind in during a one- or two-wheeled landing at 8,000 feet, and things tend to become complicated.”

Winds go hand-in-hand with the other major factor for aircraft performance at high altitudes: thin air, which can cause a significant decrease in aircraft performance. Because turbine engines operate from airflow, thin air causes less

proficiency from aircraft engines.

“You have to have a skill set when flying at high altitudes,” said Chief Warrant Officer 4 Stephen Lodge, standardization pilot for 2nd Squadron, 6th Cavalry Regt., TF Lightning Horse, 25th CAB. “For OH-58D Kiowa Warriors, we cannot hover from 6,000 feet or higher due to our small power margins. Our engagement and reconnaissance missions are challenging due to the power limitations of the aircraft at those altitudes.”

Lift capability is also impacted by thin air. Like engines, the thinner the air is, the less efficient the rotor blades are at producing lift. The allowable margin of error decreases with an increase in altitude.

Prior to flying in windy, thin air conditions, aviators and crew members conduct High Altitude Mountainous Environmental Training, or HAMET, on the Big Island of Hawaii.

“I believe HAMET is a good tool to teach (flight crews) about the winds, terrain, relations between the two and power management of the aircraft,” said Mock. “It is a good asset for training Army aviation. All pilots and non-rated crew members should go through the training prior to coming to Afghanistan.”

Upon completion of HAMET, aviators and crew members have the necessary skills to safely and successfully complete high-altitude operations while engaged with the enemy.

The flight crews of the 25th CAB have conducted more than 500 air-assault operations and moved at least 30,000 Soldiers across the battlefield at altitudes above 7,500 feet in the past 10 months.

HAMET offers unique training specifically designed to dramatically increase individual and crew situational awareness on aircraft power and limitations; HAMET gives pilots the knowledge, confidence and proficiency to operate their aircraft routinely and safely at max gross weights in any environment.

HAMET training also teaches aircrews to conduct high-altitude operations as a team with multiple aircraft to include multiple aircraft types.

8th STB instills pride, inducts 12

Story and photo by
STAFF SGT. GAELEN LOWERS
8th Theater Sustainment Command
Public Affairs

FORD ISLAND — One by one, newly promoted noncommissioned officers walked down the carpet under drawn swords as they were formally welcomed “to the Corps!”

That was the chant shouted by the audience and participating members during the 8th Special Troops Battalion, 8th Theater Sustainment Command, NCO Induction Ceremony, hosted by Command Sgt. Maj. Toese Tia Jr., senior enlisted leader of the 8th STB, at the Pacific Aviation Museum, here, Nov. 7.

“I think it is fair to say that joining any branch of the military while our country is at war takes a fair amount of courage, and in my book, courage is what makes heroes.”

— **Command Sgt. Maj. Nathan Hunt**
Senior enlisted leader, 8th TSC

The NCO Induction Ceremony is a tradition carried on by the NCO Corps, dating back hundreds of years. It’s a tradition that the 8th STB doesn’t take lightly.

“You can sum it up in one word: commitment,” said 1st Sgt. John Manning, Headquarters and Headquarters Company, 8th STB. “The NCO Corps of the 8th TSC is committed to traditions and values of the Corps. It’s important to preserve our heritage and for new NCOs to know where we came from as a Corps. These ceremonies that we do are a way for us to preserve that honor and tradition that has carried us though the past couple hundred years.”

Soldiers said they feel the pride and commitment of the 8th TSC’s NCO Corps.

“I think this unit differs from my past units, because it gives their NCOs more support and greater authority and responsibility,” said Sgt. Timothy Hall, information assurance NCO for the 8th TSC and one of the inductees. “Winston Churchill once stated, before he stormed the beaches of Normandy, that he didn’t want to fight alongside NCOs from the United States Army because they were afraid to lead. I think this unit gives its NCOs what they need to succeed and become the greatest leaders this Army has ever seen.”

Command Sgt. Maj. Nathan Hunt III, senior enlisted leader, 8th TSC, spoke of why the inductees should feel proud when stepping across the threshold to become NCOs in the U.S. Army.

“There is no other profession where you are going to be asked to perform at the level you may be asked to perform here in the Army,” Hunt said, and then continued, “no other profession where you will be asked to risk your life again and again, or to take another person’s life and be okay with it. This



Sgt. Samantha Gonzalez (center), supply noncommissioned officer, HHC, 8th STB, 8th TSC, crosses the threshold to become one of 12 newly inducted NCOs during the 8th STB’s NCO Induction Ceremony, hosted by Command Sgt. Maj. Nathan Hunt III, senior enlisted leader, 8th TSC, at the Pacific Aviation Museum, Nov. 7.

is not just a job, young sergeant. Don’t treat it that way.”

Hunt concluded by saying that only one percent of our nation’s citizens have ever raised their hands, pledging to defend America from all enemies, both foreign and domestic.

“Many, if not all, of our NCOs being inducted today joined our Army while we

were fighting two wars,” Hunt said. “I think it is fair to say that joining any branch of the military while our country is at war takes a fair amount of courage, and in my book, courage is what makes heroes.”

“Thanks for being a member of the team, and as far as I’m concerned, you are all heroes,” he added.

Sun harvested for warrior wattage

STAFF SGT. GAELEN LOWERS
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — It takes a lot of energy and fuel to wage war, as computers and other equipment need electricity. In the remote areas in which Soldiers often find themselves, the generators that produce that electricity need fuel.

But the Army is finding that energy can be harvested in many different ways.

In an effort to move to greener energy sources, as well as to save lives and money, the Army is looking at solar energy as a constant, renewable resource under the hot sun of Afghanistan and other deployable areas.

“The Department of the Army has tasked Program Executive Office Soldier to bring in new and innovative products for the consumption of operational energy,” said Maj. Aleyzer Mora, assistant product manager with PEO Soldier. “This will help reduce the amount of logistics used to provide fuel.”

“Soldier Power” products were tested by Soldiers from the 524th Combat Sustainment Support Battalion, 45th Sustainment Brigade, 8th Theater Sustainment Command. The tests were intended to develop expeditionary power solutions for the most austere operating environments. These lightweight solutions include power scavenging, power distribution, power management, conformal batteries, renewable energy and expeditionary chargers that are Soldier-portable and, if need be, wearable.

The products are also key enablers for dismantled combat operations, said Mora.

Providing energy alternatives to the most disadvantaged warfighter will allow a small unit to sustain itself throughout extended missions while reducing battery load and reliance on logistical convoys.

“Instead of having large convoys providing large amounts of fuel for the Soldiers to use on the battlefield, the individual Soldier can assist by utilizing these products and eliminating the amount of time we put Soldiers out on the roads in harm’s way,” Mora said.

Solar power is not the only energy that Soldier Power is allowing Soldiers to use. It also provides them the means to harvest energy from many different sources.

“If a Soldier came across a battery on the battlefield or a generator in a village, they could attach these leads and withdraw power from that generator to recharge their radio systems,” said Maj. Jack Moore, assistance product manager for Soldier Power. “If they were to come across a coalition vehicle, they could draw power from that vehicle to recharge their batteries. All these systems would allow our Soldiers to be logistic agnostic and recharge their batteries on the go.”

Sgt. James Slye, 524th CSSB, was particularly interested in the weight of the entire kit he tested, which measures in at only nine pounds.

“It charges anything and everything I, or any other Soldier, needs in today’s world,” said Slye. “I don’t feel any additional weight, because it is attached to the Improved Outer Tactical Vest. I feel as if it were part of my body. I can maneuver easily.”



Oberstabsfeldwebel Hans Stark (far left), German liaison sergeant major and a U.S. Army Sergeants Major Academy instructor, stands with U.S. Army-Pacific Soldiers who completed the German Armed Forces Proficiency Badge at the Nehelani, Nov. 7. Read about 8th Theater Sustainment Command’s participation in next week’s “Hawaii Army Weekly.”

Pacific Soldiers earn German badge

Story and photos by
SGT. LOUIS LAMAR
94th Army Air and Missile Defense Command
Public Affairs

SCHOFIELD BARRACKS — More than 200 Soldiers from various units within U.S. Army-Pacific participated in the German Armed Forces Proficiency Badge competition held, here, Nov. 5-7.

The GAFPB is a decoration of the Bundeswehr, the armed forces of the Federal Republic of Germany, and it’s one of the few foreign awards authorized in the U.S. military.

U.S. Soldiers earn the award by successfully completing several timed, physically demanding military events, including a ruck march, bench press, high jump and marksmanship competition to determine the level of award earned, which are gold, silver or bronze.

“I’m enjoying this opportunity to train with Soldiers,” said Oberstabsfeldwebel Hans Stark, German liaison sergeant major for the United States and a U.S. Army Sergeants Major Academy instructor.

During the GAFPB competition, Soldiers faced many difficult and physically demanding tasks in pursuit of the badge.

“In my opinion, the hardest event for the American Soldiers is the swim event,” said Stark.

“The swim was pretty tough,” agreed Spc. Chastoni Jones, administrative specialist, 94th Army Air and Missile Defense Command G4.

Taking advantage of the chance to earn a foreign military badge for Soldiers is a very



Staff Sgt. Perrin (right), an assistant instructor with the German Armed Forces Proficiency Badge competition, critiques a competitor's target during the marksmanship portion of the competition.

memorable event.

“This is a great opportunity for Soldiers in the Pacific because they don’t get a lot of chances to earn foreign badges,” said Maj. Richard Dixon, USARPAC Headquarters and Headquarters Company.

“Soldiers really need to train hard for some of these events because, oftentimes, when they do physical training, they’re not focused on swimming events or jumping,” Dixon added. “So to be successful in this competition, they

need to do some high or long jumping and swimming.”

The awards ceremony for the competition was held at the Nehelani, here, where 121 Soldiers were awarded the GAFPB. Stark presented Soldiers ranging in rank from private first class to lieutenant colonel with 74 gold, 31 silver and 16 bronze badges.

“I’m happy to be here and looking forward to coming here next year and continuing the program,” said Stark.

CDC: Center named

CONTINUED FROM A-1

by service members, such as Bowen, and the immeasurable debt owed to them.

“The (Vietnam) War had a profound effect on this country – both politically and culturally, but it was no more profound than on our men and women in uniform and the price they paid,” Whitney said, running down a list of those killed in action, wounded in action, missing in action or who died in captivity.

“The war in Vietnam came at a great price to this nation,” Whitney added. “Today, we honor each Vietnam veteran, for they are truly brothers and sisters of Staff Sgt. Bowen.

“To all of our veterans from all our wars, today we pay a special tribute,” he said.

The ceremony concluded with a traditional Hawaiian blessing of the newly refurbished Bowen memorial, performed by Kahu Ha’aheo Guanson, and the untying of the ceremonial maile lei by Whitney; Lt. Col. Aaron Reisinger, commander, 84th Eng. Bn., 130th Eng. Brigade, 8th Theaters Sustainment Command; Michael Amarosa, director, Family and Morale, Welfare and Recreation; and Sammy Houseberg, former garrison safety officer and Vietnam veteran representing all veterans.

“For more than 237 years, brave men and women have answered the call to defend this great nation,” Whitney said. “All who served in peacetime and in wartime, we honor you.”



Talauni Borja-Johnson (front, left) presents cards to veterans as a thank-you for their brave service during the Bowen CDC Re-memorialization Ceremony.

DFACs open to patrons on Thanksgiving

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — Four dining facilities, here, and on Wheeler Army Airfield are serving up a bit of holiday cheer for service members, families, retirees and authorized guests this Thanksgiving.

“This is the most important meal to all the Soldiers,” said Richard Francois, manager, Installation Food Program, Directorate of Logistics, U.S. Army Garrison-Hawaii.

“(The DFAC Soldiers) want to provide all Soldiers who do not have the opportunity to go home or those who don’t have time to prepare a meal for themselves a home-cooked meal,” Francois said. “This is when the very best comes out of the Soldiers.”

Four DFACs are open for service Nov. 22: 25th Infantry Division C-Quad; 8th Military Police Brigade, 8th Theater Sustainment Command K-Quad; 25th Combat Aviation Brigade, 25th ID “Wings of Lighting Inn”; and 2nd Stryker Brigade Combat Team, 25th ID “Warrior Inn.”



On the menus are all-American favorites, including roasted turkey, baked ham, mashed potatoes, green bean casserole, cranberry relish and pumpkin pie, along with some untraditional dishes whipped up by the DFAC cooks exclusively for the holiday feast.

“They serve anything from crab legs to Cornish hen or fried fish, lobster tail and duck. We’ve even received one request for a whole roasted pig!” Francois said of the varied meal options.

The multitude of choices won’t go to waste, as Francois anticipates each DFAC will serve upward of 1,000 people on Thanksgiving.

The DFACs also are working overtime, this time of year, in preparation for the “U.S. Army-Hawaii Best Decorated Dining Facility” competition.

The annual competition is conducted to recognize the extraordinary efforts and culinary skills of all food service personnel who prepare and serve the Thanksgiving feast, and to raise morale and promote professionalism for all food service Soldiers.

“It’s the show-and-tell meal for all military dining facilities throughout the Army,” Francois said. “They put their blood, sweat and tears into this meal.”

Just prior to meal service, judges from several commands, including Col. Daniel Whitney, commander, USAG-HI, and Command Sgt. Maj. Philip Brunwald, senior enlisted leader, USAG-HI, will determine which DFAC takes home the coveted honor.

Scoring is based on facility theme, culinary arts display, use of décor packages, originality, degree of difficulty, command emphasis and overall appearance.

Also, this year, Francois said there will be a

DFAC Meal Hours

The following dining facilities will be open Thanksgiving Day, Nov. 22, during the times listed:

- 25th ID DFAC, C-Quad, Bldg. 357, Schofield Barracks
Breakfast, 7-8 a.m.; Thanksgiving Day meal, 11:30 a.m.-2 p.m.;
- 8th MP Bde., 8th TSC DFAC, K-Quad, Bldg. 780, Schofield Barracks
Breakfast, 7-8 a.m.; Thanksgiving Day



- meal, 11:30 a.m.-2 p.m.;
- 25th CAB, 25th ID “Wings of Lighting Inn”
DFAC, Bldg. 102, Wheeler Army Airfield
Breakfast, 7-8 a.m.; Thanksgiving Day meal, 11:30 a.m.-2 p.m.
- 2nd SBCT, 25th ID “Warrior Inn” DFAC, Bldg. 2085, Schofield Barracks
Breakfast, 7-8 a.m.; Thanksgiving Day meal, 11 a.m.-2 p.m.; Dinner, 3:30-4:30 p.m.

Thanksgiving Menu

- Roast turkey with gravy
- Baked ham with raisin sauce
- Honey-glazed pork loin
- Prime rib au jus with horseradish sauce
- Mashed potatoes
- Baked sweet potatoes with cinnamon-sugar on the side
- Savory bread dressing

- Seasoned broccoli spears
- Green bean casserole with mushrooms and onion
- Squash and carrot medley
- Cranberry sauce
- Seasonal fresh fruits and salads
- Fresh baked breads and dinner rolls
- Pumpkin, Dutch apple and blueberry pies
- Other assorted desserts, treats and drinks

second trophy for “Best Centerpiece Display” up for grabs.

“These guys go way beyond; they work all throughout the night just to get their facility together to win the trophy,” Francois said. “This is bragging rights for those who stepped up to take care of their Soldiers.”

An “aloha crisp” dress code will be in place, which means diners should be in aloha wear/casual dress; open-toe shoes, shorts or T-shirts are not allowed.

Military members may choose to wear either dress code attire or their Army service uniforms.

Meal Costs

- Fees for this year’s Thanksgiving Day menu follow:
- Meal cardholders: No charge
 - Family members of E-4 and below: \$6.40
 - Family members of E-5 and above: \$7.50
 - Active duty officers and enlisted on basic allowance for subsistence: \$7.50
 - Retirees and authorized civilians: \$7.50
 - Guests of accompanied authorized diners: \$7.50

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

Today

Employee Town Halls — Col. Daniel Whitney will host

employee town halls at 10 a.m., Nov. 16, at the Schofield Barracks Main Chapel, and at 1:30 p.m. at the Aliamanu Military Reservation Main Chapel.

17 / Saturday

Benefit Breakfast — The Hawaii Sergeants Major Association conducts its third annual benefit breakfast, 8-10 a.m., Nov. 17, at Mililani Middle School to support Soldiers, families, students and the home-

less. Tickets are \$7. Call 433-6646.

20 / Tuesday

CID Recruitment — The Army’s Criminal Investigation Command, or CID, is seeking qualified, high-caliber Soldiers for CID special agents.

Recruiting briefings are at 9:30 a.m., Tuesdays, at the Hawaii CID Office, Bldg. 3026, Schofield Barracks.

Visit www.CID.army.mil or

call 655-1989.

27 / Tuesday

Facebook Town Hall — Do you have questions about USAG-HI services, facilities or support, or about how to make the installation better? The next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, is scheduled from 6-7:30 p.m., Nov. 27, at www.facebook.com/usaghawaii, under the “Events”

tab.

All Soldiers, family members, retirees and civilians in U.S. Army-Hawaii can ask questions, address concerns and get responses.

If your question does not pertain to the public at large, email the Interactive Customer Evaluation System, or ICE, at <http://ice.disa.mil>, or Ask the Garrison Commander at AskTheCommander.usaghi@us.army.mil. Call 656-3153.

Ongoing

Wright Avenue Lane Closures — Portions of Wright Avenue, between Robbins and Elleman roads, will be completely closed through Dec. 6 for reconstruction (subject to change pending weather delays).

This project is phased so that east and westbound lanes of the divided portion are paved at alternate times. Call 656-2532.



Soldiers of 2-35th Inf., 3rd BCT, 25th ID, currently training at Pohakuloa Training Area, march in a Veterans Day parade, Nov. 10.

Story and photo by
STAFF SGT. CASHMERE JEFFERSON
3rd Brigade Combat Team, 25th Infantry Division

HILO, Hawaii — “It was 1944 at the time, and I was never on the ground.
“I dropped bombs all over Germany. I was proud to serve. I was part of one of the best generation of Soldiers ever.”
Those were the words of 90-year-old World War II B-24 bomber pilot Walter Huges, 93rd Bomb Group, 330th Bomber Squadron, who flew 35 special missions across Europe and marched in the Veterans Day parade, Saturday, here, alongside veterans past and present.
Hundreds of citizens, both young and old from the island of Hawaii, lined the streets to pay their respects during the parade.
Louis Roach Jr., deputy garrison commander, Pohakuloa Training Area, recalled a time in the 1960s when veterans didn’t receive a parade when they got home, but were instead met with hostility.
“When we came home from Vietnam, vets didn’t get welcomed like this,” Roach said. “People would spit on us and throw stuff at us

when we got home, and at times, I felt like I didn’t know what I was doing there even though I went to serve at the call of my nation. We have come a long way.”
Roach added he has served in every war since he was 18, from Vietnam to Desert Shield and Desert Storm, to Iraq and Afghanistan.
“I love my country, as I know all veterans do and would do it all over again if I got the chance,” Roach said.
Veterans from most eras of time were present, whether they were marching in the parade or standing in the streets dressed in the uniform of their service.
Soldiers of 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, currently training at PTA, also marched in the parade.
Spc. Daniel Lee Joy, forward observer, Co. C, 2-35th Inf., had been deployed to Afghanistan but was able to participate in the parade.
“I come from a family of veterans, so I’m proud to be here and I’m proud to serve,” said Lee Joy.
“It felt great to be honored by the community for the sacrifices we’ve made and will for our country,” he added.

Veterans Day Origins

Nov. 11, 1918, is generally considered the end of World War I, The Great War, and the war to end all wars.
In 1938, Congress declared Armistice Day a holiday, and, in 1954, the name changed to Veterans Day to honor all U.S. veterans.
Honoring veterans on Nov. 11 not only preserves the historical significance of the date, but also helps focus attention on its purpose to honor America’s veterans for their patriotism, love of country and willingness to serve and sacrifice for freedom.
The Army’s theme for Veterans Day was “Soldier for Life.”

VETERANS DAY IN WAIKIKI



Photos by Staff Sgt. Mary Angela Valdez | 8th Theater Sustainment Command

WAIKIKI — Soldiers from the 8th Theater Sustainment Command perform color guard duties at a Veterans Day Ceremony at the Elks Lodge, here, Nov. 11.



Staff Sgt. Stephen Mosack, band member, 25th Infantry Division Band, plays taps at the ceremony.



The 8th TSC color guard prepares to present the colors.

599th honors veterans at TAMC Community Living Center

Story and photo by
DONNA KLAPAKIS
599th Transportation Surface Brigade

HONOLULU — In order to pay tribute to the veterans who paved the way for them, Soldiers from the 599th Transportation Surface Brigade at Wheeler Army Airfield paid a visit to the Veterans Community Living Center, VA Pacific Island Health Care System, at Tripler Army Medical Center, Nov. 8.
Vincent Johnson, nursing assistant, has worked at the center for 13 years. He said the center provides short-term, long-term, rehabilitation and hospice care.
“We don’t care if you were a private or a general; we’ve had both, as well as a state legislator and a Pulitzer Prize winner. Whether they were in the military for two days or 40 years, we give them all our best,” Johnson said.
Gerald “Gerry” Patten, an Air Force staff sergeant in Vietnam, was a flight engineer on a C-124 at Da Nang. He has been in the center for more than two years.
“I’m treated very well here, and the people are wonderful. The only complaint I have is about the food,” Patton said. “It’s too good and there’s too much of it,” he laughed.
Sgt. 1st Class LoNika Harris, plans NCO, set up the visit.
“We all had a great time. I especially enjoyed seeing the folks’

faces light up when we were dancing with them,” Harris added.
“The best part of the visit was the smiles that we brought to the veterans’ faces by coming to interact with them and just being in the rooms talking to them,” said Command Sgt. Maj. Kevin McKeller, 599th senior enlisted leader.
“We only spoke with one World War II vet; he remembered everything. We also got to hear stories from the Korean War and Vietnam,” McKeller said. “We liked hearing their stories, and they liked telling them. They put us right on the battlefield with them.”
Retired Navy Chief Petty Officer Lewis Hammond had high praise for today’s Soldiers. The 28-year veteran is in the center following a complete knee replacement. He was a hatch team captain for a cargo-handling battalion in Vietnam.

VA Community Living Centers

Formerly known as nursing homes, VA Community Living centers provide short- and long-stay nursing home care to veterans.
The mission of the centers is to restore the veteran to maximum function and independence, prevent declines in health and provide comfort at the end of life.

“Right now you guys are the heroes,” said Hammond. “A lot of people won’t stand up, but you have. How did Winston Churchill put it? ‘Never was so much owed by so many to so few.’”



Sgt. 1st Class Emilio Calzada (back row, left), Headquarters and Headquarters Detachment; Staff Sgt. Rufus Brumfield (back row, middle), operations noncommissioned officer; and Staff Sgt. Jesus Grajales (back row, right), terminals NCO, all with the 599th TSB, dance the electric slide with band members performing for veterans at the Veterans Community Living Center at TAMC, Nov. 8.



Briefs

Today

Holiday Card Lane — All units, staff offices, agencies and organizations are invited to participate in Holiday Card Lane displays. Complete and return an entry form to the FMWR Special Events Office. Find the entry form at himwr.com and fax completed entry to 655-1780. Entries will be judged on craftsmanship/artistic quality, expressiveness of message and overall appearance. Awards will be presented during holiday tree lighting ceremonies, Dec. 4, at Schofield’s Generals Loop, and Dec. 6, at Shafter’s Palm Circle.

19 / Monday

ACS Financial Training — Mandatory first-term Soldier training focuses on basic financial skills to help develop self-reliance and personal responsibility, 8:30 a.m.-4:30 p.m., Nov. 19 and 26, Schofield ACS. Instruction is offered every Monday (except federal holidays). Soldiers must bring an end-of-month leave and earnings statement, or LES. A certificate is awarded for completion.

21 / Wednesday

Basic Investing and Savings — Learn the basics of the Thrift Savings Plan and other investment options including stocks, bonds and mutual funds, 10-11:30 a.m., ACS, SB.

Parenting with Aloha — Join this Fort Shafter ACS interactive workshop, 2-3:30 p.m., and learn Hawaii home alone policies, tips for actively engaging children of all ages and resources for making Hawaii memorable at the ACS Aloha Center, FS. Call 438-4227.

Basic Investing — Learn to invest 10-11:30 a.m., Nov. 21, Schofield ACS. Learn the basics of the Thrift Savings Plan and other investment options including stocks, bonds, and mutual funds. Call 655-4ACS (655-4227).

BOSS Meeting — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings, 3 p.m., Nov. 21, SB Tropics, to discuss community service projects and upcoming programs. BOSS south meetings are held, 10 a.m., AMR Chapel, every 2nd and 4th Wednesday (Nov. 28). Call Sgt. Rayburn at 655-1130.

22 / Thursday

Thanksgiving FMWR — The fol-



Photo by Staff Sgt. Matthew E. Winstead | U.S. Army Alaska Public Affairs

Col. Morris Goins, commander of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, embraces his wife, Yolanda Goins, after the brigade’s deployment ceremony Nov. 29, 2011, at Sullivan Arena in Anchorage. Yolanda is one of seven 4-25th spouses featured in the upcoming documentary series “Married to the Army: Alaska,” which follows the wives through the brigade’s yearlong deployment to Afghanistan.

‘Married to the Army: Alaska’

Show is a first production based from a military installation

MASTER SGT. ERIC REINHARDT
U.S. Army Alaska Public Affairs

FORT RICHARDSON, Alaska — “Married to the Army: Alaska,” a documentary series focusing on the lives, struggles and sacrifices of military spouses stationed in the 49th state will premiere Sunday on the Oprah Winfrey Network, or OWN.

The show began filming in Alaska in the fall of 2011 and documents the lives of seven Army spouses amid their husbands’ deployment to Afghanistan with the 4th Brigade Combat Team (Airborne), 25th Infantry Division.

Stephanie Drachkovitch, executive producer of 44 Blue Productions, which created the show for OWN, said she feels a personal connection to its subject. The daughter of a career Army officer, Drachkovitch lived in Alaska, her mother’s home state, while her father served in Vietnam.

“My mother and father actually met while he was stationed up there in Alaska during his first assignment there,” she said. “Alaska is a beautiful area, and I just so happen to know a little bit about the kind of bonds people can make while living there, which is just one of the many reasons I think the show will resonate with viewers.”

The show is the first of its kind to be approved for production on a military installation, according to Lt. Col. John Clearwater, film and television liaison for the

Army’s Office of the Chief of Public Affairs, Los Angeles.

“There hasn’t been a program similar to this at any time previously within the Army,” Clearwater said. “This is an opportunity to show the nation just how much effort our military families contribute to the service of their Soldiers. It’s a commitment just as deep as (that of) any service member.”

The show’s producers interviewed more than 500 spouses before choosing the cast of seven.

Yolanda Goins, wife of 4-25th commander Col. Morris Goins, was not among those interviewed. Rather, Drachkovitch sought her out at the brigade’s deployment ceremony.

She said she was initially reluctant to participate, but changed her mind after learning more about the show’s intent.

“It was in the interview that I realized that I was fiercely proud of what my husband does, and I had a thought of all the sacrifices that the Soldiers, families and children make, and I realized that telling the spouse’s story would be a great thing to do,” Goins said. “We also serve our nation just as the Soldiers do, but on the other side of the battlefield.”

“Married to the Army: Alaska”

Series premieres on OWN (Oceanic Cable Channel 343), 8 p.m. (HST) Sunday, Nov. 18 and then will air in its regular timeslot on Mondays at 8 p.m. (HST). It will also air on the American Forces Network, beginning Nov. 25.

lowing FMWR facilities will be closed as staff members observe the Thanksgiving holiday:

- Hale Ikena, Mulligans, Nehelani and Kolekole dining facilities;
 - CYSS services and offices;
 - Schofield, Wheeler and Fort Shafter bowling centers and snack bars.
- SB Leilehua and FS Nagorski golf courses will be open from 6:30 a.m.-2 p.m.

Enjoy the beautiful coastline with Outdoor Recreation, 8:30 a.m.-12:30 p.m. Cost is \$54. Call 655-0143.

27 / Tuesday

AFTB Level I — Attend 8 a.m.-3:30 p.m., NCO Academy, located on Higgins Road, Schofield Barracks. Call 655-4227.

28 / Wednesday

Car Buying — Learn how to negotiate the best deal, how much you can afford and how interest rates and payments work. Also, get a free Car-

fax, 10-11:30 a.m., 28 Nov., SB, ACS. Call 655-4ACS (4227).

December

2 / Sunday

Basketball Court Closure — The SB Martinez Physical Fitness Center will be closed through Dec. 2 install new basketball basket support structures/arms. The gym will reopen at noon Dec. 3. Call 655-4804.

See FMWR Briefs, B-7

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Mrs. Hawaii International — 2013 Pageant now accepting applications. Open to married women of Hawaii between the ages of 21-56. Winner will represent Hawaii at nationals in Chicago, Ill., July 2013. Email mrs.hawaiiinternational@yahoo.com.

17 / Saturday

K-Bay Turkey Trot Run — The 15th annual Marine Corps Base Hawaii, Kaneohe Bay, Turkey Trot 10K Run will be held 7 a.m., Nov. 17, at Dewey Square on base. Open to the public. Registration will be accepted on site, race day.

Bellows Turkey Trot 5K Run — This annual event will be held 8 a.m., Nov. 17, at Bellows Air Force Station for all ID cardholders, DOD

civilians, family members and sponsored guests. Call 259-4112 or visit www.bellowsafs.com.

22 / Thursday

Thanksgiving — Four installation dining facilities on Schofield Barracks and Wheeler Army Airfield are welcoming service members, families, retirees and authorized patrons to traditional Thanksgiving feasts, Nov. 22.

The three Schofield Barrack DFACs are serving from 11 a.m.- 2 p.m. They include 2nd Brigade Combat Team’s Warrior Inn DFAC, Bldg. 2085; 8th Military Police Brigade’s K Quad DFAC, Bldg. 780; and 25th Infantry Division’s C Quad DFAC, Bldg. 357.

The 25th Combat Aviation Bde.’s Wings of Lighting Inn DFAC, Bldg. 107, on WAAF, will feature Thanksgiving dinner from 11 a.m.- 2:30 p.m.

Cost for the holiday meal is free for meal cardholders, \$6.40 for family members of E-4 and below, and \$7.50 for all other authorized participants.

Read about the Thanksgiving menu on page A-6.

23 / Friday

Black Friday — The Schofield Main Exchange will open its doors at 4 a.m., Friday, Nov. 23, for “Black Friday” sales. Call 622-1773.

27 / Tuesday

Facebook Town Hall — The next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, is scheduled from 6-7:30 p.m., Nov. 27, at www.facebook.com/usagahawaii, under the “Events” tab.

All Soldiers, family members, retirees and civilians in U.S. Army-Hawaii can ask questions, address concerns and get responses. Call 656-3153.

December

3 / Monday

Tree Lighting Ceremony — Tripler Army Medical Center will kick off the holiday season with its annual ceremony, 5-7 p.m., Monday, Dec. 3, on the Tripler lawn. Afterwards, light refreshments will be served and families can participate in holiday-themed activities. Santa Claus and his elves will

make an appearance. Call 433-5106. Other tree lighting ceremonies will be held Tuesday, Dec. 4, 6 p.m., at Schofield’s Generals Loop and Thursday, Dec. 5, 6 p.m., at Fort Shafter’s Palm Circle. Visit www.himwr.com.

Ongoing

Exchange Holiday Layaway — Schofield shoppers can select their gifts for layaway and stop by customer service to complete the layaway process for free.

“For free” means that, while the Exchange collects an initial \$3 processing fee for new layaways, the amount is returned to customers via an Exchange Merchandise Gift Card, upon final payment.

A deposit of 15 percent is required when starting the layaway process. Visit Exchange Customer Service for details and eligibility.

Hiking Club — The Hawaiian Trail and Mountain Club leads weekly hikes around various Oahu

See Community Calendar, B-7

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR

Single Soldiers’ Bible Study

- Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service

- Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Won't Back Down

(PG)
Fri., Nov. 16, 4 p.m.
Sun., Nov. 18, 2 p.m.

Premium Rush

(PG13)
Fri., Nov. 16, 7 p.m.

Brave

(PG)
*Sat., Nov. 17, 4 p.m.
*All admissions \$2.50 for Saturday’s 4 p.m. show.

The Possession

(PG13)
Sat., Nov. 17, 7 p.m.
Wed., Nov. 21, 7 p.m.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

DOE program seeks leaders to groom

HAWAII DEPARTMENT OF EDUCATION
News Release

HONOLULU — The Hawaii State Department of Education, or DOE, in collaboration with Chaminade University and School Turnaround, is launching its recruitment efforts for the second year of a pilot program aimed at creating an alternative pathway to administration.

The Alternative Certification for School Administrator Program is funded by the state’s Race to the Top initiative and provides exceptional applicants with high leadership potential the chance to earn certification as a school administrator.

While employed by the DOE, candidates will gain experience as a vice principal during their residency period.

“Our first year recruitment efforts were very encouraging,” said Douglas Murata, assistant superintendent for the DOE Office of Human Resources. “We were able to start our pilot program with six highly qualified candidates.”

The ideal candidate holds a master’s degree and has successfully served in a leadership, supervisory or managerial position for three or more years. Examples include mili-

tary service, private sector management or talented educators serving as a curriculum lead within a school.

To earn certification, candidates must successfully complete 1) a one year residency, 2) seven courses of required university coursework, 3) all program projects and training sessions, and 4) satisfactory completion of the probation period in accordance with collective bargaining and the school administrator evaluation.

Upon satisfactory completion of the initial residency year, the candidate is eligible to apply for vacant vice principal positions. Participating candidates commit to serve in a DOE public school for a period of three years upon successful completion of the residency year and receipt of the Initial School Administrator Certificate, or ISAC-P.

This alternative route to certification program provides the following:

- Candidates without teaching or school-level administrative experience with credentials, the opportunity to pursue certification and a career in school administration.
- Authentic job-embedded experience as a vice principal upon the candidate’s acceptance into the program.

- Educational Leadership Program courses delivered by faculty from Chaminade University and School Turnaround, with a specific focus on instructional leadership and leading school improvement.
- Coaching by skilled mentors throughout the first year to help candidates apply the learned concepts and skills.

Interested candidates are encouraged to attend informational sessions, which will be conducted at Chaminade University.

DOE School Administrator Program

A community information program on the Alternative Certification Program will be conducted, 6-7 p.m., Nov. 26, at Chaminade University, Henry Hall, Room 107.

For program details, visit the Alternative Certification for School Administrator Program website at www.chaminade.edu/ACSAP.

Application deadline is Jan. 18, 2013 (postmarked). Interested applicants may email program director Katherine Kawaguchi at katherine.kawaguchi@chaminade.edu, or call 739-8540 for more details

‘Black Friday’ at Exchange

SCHOFIELD BARRACKS — Military shoppers can come early and gobble up the savings as the Schofield Exchange will open its doors at 4 a.m., Friday, Nov. 23, for “Black Friday” sales.

“From our family to yours, Happy Thanksgiving,” said Mark Neely, Schofield Barracks store manager. “The day after is the unofficial holiday season for many Exchange shoppers. The deals we will be serving up will offer plenty of incentive to get up early.”

Beginning 4 a.m., Nov. 23, the Schofield Exchange will pass out take-a-tickets for the most popular “doorbuster” items, as well as bounce-back coupons that can be used throughout the weekend that add value and excitement to this year’s event.

Shoppers can call the Schofield Exchange for additional information at 622-1773.



Commissary offers a variety of holiday coupon savings

SALLIE CAUTHERS
Defense Commissary Agency

FORT LEE, Va. — Commissary shoppers have ample ways to stretch their normal 30 percent or more savings this holiday season, thanks to special store promotions, giveaways, coupon offers and other opportunities for discounts.

“Our industry partners are offering greater savings through the use of high-value coupon booklets and special turkey offers,” said Chris Burns, Defense Commissary Agency sales director. “They’re also offering theme promotions recognizing our military veterans that save our customers and their fellow veterans even more when it’s needed most.”

Throughout November, DeCA’s industry partners – vendors, suppliers and brokers – are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for promotions.

Second Annual “Turkey Perfection” Promotion. Through Nov. 28, stateside customers, including Alaska and Hawaii, will receive a 32-page coupon booklet valued at more than \$40. When customers purchase an item using a coupon from the booklet, they receive cash off the purchase of any whole fresh or frozen turkey.

A limit of one coupon booklet per customer is placed on this special offer, and patrons must purchase the quantities stated on the coupon. Shop-

pers in the Pacific will receive a special eight-page coupon flyer valued at more than \$32. Supplies of both the booklets and fliers are limited.

“The Family Unit.” Through Nov. 28, this fundraiser couples with the USO to raise funds for “The Family Unit,” a place where wounded warriors can recover, spend quality time with their families and prepare for their transition back into the community.

Proctor and Gamble offers commissaries more than \$70 in coupon booklets in support of this November promotion. In addition, patrons can sign up at www.thefamilyunitpg.com for more coupons to use on future trips to the commissary.

For each coupon redeemed in commis-



saries, P&G donates 50 cents for USO’s “Operation Enduring Care.”

“Good Food, Good Life” Program. Through Nov. 28, the “Good Food, Good Life” program provides shoppers with the Nestle “Big Book of Commissary Savings” coupon booklet, which includes a wide array of holiday-related coupon offers, meal ideas, recipes and cooking tips.

“Holiday Heroes.” Through Nov. 28, Quaker and Tropicana offer holiday-bundling coupons focusing on family meals. This promotion supports the “For the Troops Foundation,” an all-volunteer nonprofit organization that provides care packages to U.S. troops in Iraq and Afghanistan. Commissaries that participate could have up to \$7,500 donated in their name.

“Believe in Heroes!” During November, commissaries worldwide will receive 500,000 coupon flyers, containing high-value coupons for commissary shoppers. During the promotional period, most participating brands will provide donations to the “Wounded Warrior Project” foundation.

“Special Wounded Warriors Donation Program.” Starting the first week in November, commissary shoppers in stateside commissaries, including Alaska and Hawaii, will see military-only coupons and a national wounded warrior ad/flyer from Sun Products directing shoppers to a website for more coupons.

Commissary Connection

Subscribe to the Commissary Connection newsletter for the latest news and information at www.commissaries.com/subscribe.cfm.

Awareness, prevention keys to reduce spread of RSV

PACIFIC REGIONAL MEDICAL COMMAND
News Release

HONOLULU — Even with Hawaii’s moderate temperatures, the fall and winter seasons usher in an increase in colds and respiratory infections, to include respiratory syncytial virus, a common infection that can cause more serious illness in some patients.

Respiratory syncytial virus, or RSV, is a respiratory virus that infects the lungs and breathing passages.

RSV is a common cause of bronchiolitis (inflammation of small airways in the lungs) and pneumonia in infants and young children, but RSV can cause respiratory illness in people of any age.

“Although RSV infects thousands of people each year, certain individuals are at risk for severe disease,” explained Dr. (Maj.) Megan Kloetzel, deputy chief, Department of Preventive Medicine, Tripler Army Medical Center. “This includes premature infants, children under 2 years old with chronic heart or lung disease, people age 65 or older, or people of any age who have a weakened immune system.”

According to the Centers for Disease Control, RSV infections generally occur in the U.S. from November to April. However, the timing of the season may differ among locations and from year to year.

Symptoms of an RSV infection are similar to other respiratory infections. A person with an RSV infection might cough, sneeze, have a runny nose, fever and decrease in appetite. Wheezing may also occur.

In very young infants, irritability, decreased activity and breathing difficulties may be the only symptoms of infection.

According to the “Pediatric Infectious Disease Journal,” an estimated 125,000 infants in the U.S. each year are hospitalized with severe RSV, which is the leading cause of infant hospitalizations. By the age of 2, almost all children are infected with RSV at least once.

“RSV is a virus that causes epidemics of cough and colds every year,” explained Dr. (Col.) Martin Weisse, chief, Department of Pediatrics, TAMC. “Most kids get a very runny nose and frequent cough, with or without fever. About one out of 10 babies with RSV may need to be in the hospital, and then usually for one to three days. RSV is spread like other cold viruses, so hand-washing and use of hand sanitizers will decrease spread.”

According to the CDC, infants, children and otherwise healthy people infected with RSV usually show symptoms within four to six days of infection. Most will recover in one to two

weeks. However, even after recovery, very young infants and children with weakened immune systems can continue to spread the virus for one to three weeks.

Currently, no vaccine protects against RSV. To help prevent the spread of RSV, people who have cold-like symptoms should practice prevention:

- Cover your mouth and nose when coughing or sneezing.
- Wash your hands often with soap and water for 15–20 seconds.
- Use alcohol-based hand sanitizers when hand-washing is not available.
- Avoid sharing cups and eating utensils with others.
- Avoid spending time with infants, young children or other high-risk patients while ill.
- Refrain from kissing others.

Tricare beneficiaries who are concerned about RSV or who would like a family member to be evaluated should schedule an appointment with their primary care provider.

Parents or guardians of pediatric patients should call their child’s clinic or doctor’s office if the child is breathing too fast or having trouble breathing, isn’t eating and drinking well, or has fever for more than a couple of days.

A prompt emergency room visit is warrant-

ed if an affected individual is turning blue, has severe difficulty breathing or very rapid breathing, has periods of no breathing (apnea), is lethargic, or is unable to tolerate fluids by mouth for hydration.



Photo courtesy Tripler Army Medical Center Public Affairs

A Soldier demonstrates proper hand-washing etiquette, i.e., washing hands in warm water with soap for 20 seconds or more, which is one of the best ways to help prevent the spread of RSV.

Frequently Asked Questions

What is RSV?

Respiratory syncytial virus, or RSV, is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia in children under 1 year of age in the U.S. Each year, 75,000 to 125,000 children in this age group are hospitalized due to RSV infection. Almost all children are infected with the virus by their second birthday, but only a small percentage develop severe disease.

What are the symptoms?

Symptoms of RSV infection are similar to other respiratory infections. A person with an RSV infection might cough, sneeze, have a runny nose, fever and decrease in appetite. Wheezing may also occur. In very young infants, irritability, decreased activity and breathing difficulties may be the only symptoms of infection.

Most otherwise healthy infants infected with RSV do not need to be hospitalized. In

most cases, even among those who need to be hospitalized, hospitalization usually lasts a few days, and recovery from illness usually occurs in about 1 to 2 weeks.

Who is at risk for severe illness?

Premature infants, children less than 2 years of age with congenital heart or chronic lung disease, and children with compromised (weakened) immune systems due to a medical condition or medical treatment are at highest risk for severe disease.

Adults with compromised immune systems and those 65 and older are also at increased risk of severe disease.

When is the risk for infection the greatest?

RSV infections generally occur in the U.S. from November to April. However, the timing of the season may differ among locations and from year to year.

How can I provide care?

There is no specific treatment for RSV infection. However, there are simple ways to

RSV

Learn more about the respiratory syncytial virus at www.cdc.gov/rsv.

help relieve some of the typical symptoms. Your doctor can give advice on how to make people with RSV infection more comfortable and assess whether hospitalization is needed.

How is RSV spread?

RSV can be spread when an infected person coughs or sneezes into the air. Coughing and sneezing send virus-containing droplets into the air, where they can infect a person if they inhale these droplets or these droplets come in contact with their mouth, nose or eyes.

Infection can also result from direct and indirect contact with nasal or oral secretions from infected persons. Direct contact with the virus can occur, for example, by kissing the face of a child with RSV. Indirect contact can occur if the virus gets on an environmental surface, such as a doorknob, that is then touched by other people. Direct and indirect transmissions of virus usually occur when people touch an infectious secretion and then rub their eyes or nose.

(Editor’s Note: Q&As are courtesy of the Centers for Disease Control.)



Staff Sgt. George Torres (right), training room noncommissioned officer in charge, 94th Army Air and Missile Defense Command, provides motivation to a Soldier to stay fit as part of the 94th AAMDC’s Army physical fitness remedial training program, recently.

94th AAMDC sergeant motivates physical fitness

Story and photo by
SGT. LOUIS LAMAR
94th Army Air and Missile Defense Command
Public Affairs

FORT SHAFTER — Physical fitness has always been a top priority for the U.S. military. The 94th Army Air and Missile Defense Command’s Army physical fitness remedial training program helps Soldiers who do not meet the standards for physical readiness and weight control.

Ensuring that all Soldiers stay physically fit in accordance with Army Regulation 600-9 is not only a task for first-line supervisors, but also a responsibility that falls on each individual Soldier.

“I think that the Army physical fitness remedial training program is a good program for Soldiers that need the extra help,” said Pfc. Patrick Ross, 94th AAMDC mechanic. “The program is very challenging and helpful if you apply yourself and work hard.”

Soldiers are entered into remedial training if they have been referred by the command due to failures in their Army physical fitness tests, height and weight standards, body fat content standards and/or acceptable appearance in uniform, said Staff Sgt. George Torres, 94th

AAMDC’s training room noncommissioned officer in charge. Soldiers can also self-refer themselves for improvement on physical fitness and weight, he said.

“The ... remedial training program is custom-fitted to the area of fitness that the enrolled Soldiers are lacking in or where they need improvement in,” said Torres. “We also incorporate daily exercises that target the upper-body, lower-body and cardio fitness.

“Once command referred into the program, this is a mandatory place of duty,” said Torres. “Soldiers have to go see a nutritionist and a doctor to get lab work done to make sure there are no underlying medical issues. If a Soldier comes off the program and has to be enrolled again, within less than a year, the Soldier can possibly face a chapter separation from the military.

“Promotions, schools, re-enlistments, self appearance and other favorable actions are some of the tools used to motivate Soldiers to get off of the program and stay off,” Torres added. “This program has motivated enrolled Soldiers to work out on weekends to improve themselves. It has also improved their self esteem.”

“I love to work out, so that motivates me to push myself while training,” said Ross.

Fight holiday weight gain

LARA SMITH
TriWest Healthcare Alliance

PHOENIX — The holidays are approaching, stress levels are rising, and for many of us, our weight starts increasing. In fact, the average American gains approximately two to five pounds between Thanksgiving and New Year’s.

Is it really a problem if a person gains one to two pounds during the holidays? According to TriWest Healthcare Alliance registered dietician Jackie Magyar, it can be.

“Most weight put on during the holidays is not lost after the season,” says Magyar. “Year after year, those few pounds can add up, moving an otherwise healthy person into an overweight or obese state.”

Being overweight or obese increases the risk of many diseases and health conditions including these:

- Hypertension (high blood pressure),
- Type 2 diabetes,
- Heart disease,
- Stroke,
- Sleep apnea and respiratory problems, and
- Some cancers (endometrial, breast and colon).

This holiday season make sure the one thing you aren’t adding to your plate is extra, unwanted pounds. Follow these easy steps:

1) Drink plenty of water. You hear about the value of drinking plenty of water every day; the holiday season is no different. Drinking water throughout the day and between meals will keep you feeling full and fully hydrated.

2) Decorate your plate, not just your house. Filling the majority of your plate with colorful fruits and vegetables is a great way to keep calories down. Avoid heavy sauces and creams. Round it all out with lean protein, and you will feel full in no time.

3) Remember, good things come in small packages. When you watch your portion size, you can indulge in your favorite dishes and not feel deprived. This factor is especially true for the days you sit down for the big meals (see tip 6).

4) Go for quality, not quantity. Don’t waste your calorie budget on mindless snacking. Save up for the big ticket items like dinner and dessert – just be sure to watch your portion sizes. Leave some



food on your plate at every meal.

You’ll be glad the calories you left behind didn’t land on your own behind!

5) Try a food exchange. You exchange gifts, why not food? If you know you can’t make it through Thanksgiving without Aunt Erma’s famous sweet potato casserole, are you willing to exchange some time at the gym for it?

If you indulged in too much eggnog, how about heading out for a jog before hitting the sack? Making time for exercise on days you’ve treated yourself can help combat the number of calories you have taken in.

6) Pace yourself on the big days, and you can still indulge. Eat light earlier in the day (breakfast, lunch and a small snack) and do not skip meals. This method will ensure you won’t be starving by dinner and risk eating too much.

When you sit down for the holiday dinner, have a small portion of everything served. This way you won’t feel like you are missing out and can still enjoy all the great food being served.

7) Move it. Speaking of exercise ... whether it’s speed walking through the mall, raking piles of leaves or taking a family walk after dinner, make it your goal to move every day.

Movement burns energy, which means you are burning calories. The decision to move a little every day could mean the difference between losing or maintaining your weight this holiday season.

8) Relax and enjoy! The holidays are supposed to be about connecting with family and friends, honoring time-held traditions and creating new ones. Take it easy and don’t take too much on your plate, including extra, unwanted pounds.

TriWest Health Online
For more healthy eating tips, visit TriWest.com/HealthyLiving.





Briefs

CONTINUED FROM B-2

Ongoing

The “A” Game — Keiki 18 years of age and under can bowl one free game for every two As they get on a report card. Call 438-6733 (FS) or 655-0573 (SB).

ACS Aloha Center — The new phone number for Shafter’s ACS is 438-4ACS (438-4227).

Pro Bowl Tickets — 2013 NFL Pro Bowl tickets are available at the Schofield and Shafter Leisure Travel offices.

NFL Sunday Ticket Kickoff — Come to the SB Tropics on Sundays and catch all the games. Facility opens a half hour before the

first game starts. Patrons 18 and older are welcome; call 655-5698.

Sunday at the Clubs — Enjoy Sunday breakfast at the SB Kolekole Bar and Grill, 9 a.m.-1 p.m., or Sunday brunch at the dining room at the FS Hale Ikena, 10 a.m.-1 p.m. Call 655-4466 (SB) or 438-1974 (FS).

NFL Sunday Ticket Kickoff — Catch all the games Sundays at the Tropics. Facility opens a half hour before the first game starts. Patrons 18 and older are welcome; call 655-5698.

Bowling Special — Bowl 7 a.m.-4 p.m., Wednesdays, \$1 per game, FS Bowling Center. Cost is \$1 per game; shoe rental is not included. Offer is subject to availability and doesn’t apply to group or party reservations. Call 438-6733.

Teen Wednesdays — Teens can cosmic bowl for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m., Wednesdays. Get free shoes with a two-game minimum. Call 656-1745.



CONTINUED FROM B-2

locations. For membership information, visit htmclub.org. Visiting hikers are welcome.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist military families in need. Call 624-5645.

Hui Thrift Shop — The Hui Thrift Shop at SB offers great bargains and a chance to volunteer. Located at 2107 Ulrich Way, behind ACS, the shop is open 9 a.m.-1 p.m., Tuesdays and Thursdays, and the first and third Saturday of the month. Consignment hours are 9-11 a.m. Call 624-3254 or email huithriftshoplai-son@gmail.com.

Club Beyond — Middle and high school students in grades six-12 are invited to participate in Club Beyond. Email kschmidt@clubbeyond.org or call 372-1567.

Military Order of Foreign Wars —The MOFW

has established a command in Hawaii. Commissioned and warrant officers from all armed services who served overseas during foreign wars (and their hereditary descendants) are eligible. Email HI_MOFW@army.com.

Military Women of America — The Military Women of America, Hawaii Chapter, meets the second Saturday of each month, 11 a.m., at the Oahu Veterans Center in Foster Village. Members provide information and support to women who are currently serving or have served in the military. Call 422-4000.

Jewish Services — Weekly worship services are now held 7:30 p.m., Friday nights, Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. There are no longer Saturday morning services or Monday Bible studies at JBPHH.

Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) can call 348-4560 or visit www.chabadofhawaii.com.

Saturday services are available at the Ala Moana Hotel. Call 735-8161.